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Basic Crock Pot Black Eyed Peas ♦♦

This recipe for Basic Crock Pot Black Eyed Peas is a delicious and hearty dish that can be enjoyed as a main course or as a side dish. The black eyed peas are slow cooked with onions, garlic, and spices, resulting in a flavorful and comforting dish. It is perfect for a cold winter day or any time you want a comforting and filling meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 240 mins

Total Time: 250 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 83 g

Ingredients

2 c	black eyed peas
1 medium	onion
2 cloves	garlic cloves
4 c	vegetable broth

2 leaves	Bay Leaves
1 tsp	Salt
0.5 tsp	Black pepper
1 tsp	hot sauce

Directions

Step 1

Preparation

Rinse the black eyed peas under cold water and remove any debris.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the onion and mince the garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Slow cooker

In a crock pot, combine the black eyed peas, onion, garlic, vegetable broth, bay leaves, salt, and black pepper.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Slow cooker

Cover the crock pot and cook on low heat for 4 hours or until the black eyed peas are tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Remove the bay leaves and season with hot sauce to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the black eyed peas hot as a main course or as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 0 g

Protein: 12 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas Thanksgiving Barbecue

Cuisines

Italian Middle Eastern

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender Slow Cooker

Course

Salads

Difficulty Level

Easy

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